

OCTOBER 2013

HEALTH HQ

“Quality Caring”
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Dr Norman Hohl

MBBS, FRACGP, FAFPHM, DTM&H, CTH

Two years in Papua New Guinea convinced me of the imperative need for preventive medicine. After six years in Nigeria establishing a Rural Health Program, my emphasis is still on preventive medicine.

Dr Simon Thatcher *MBBS CTHP*

I have many years of experience, having worked at The Royal Brisbane Hospital, Greenslopes Hospital and in General Practices on the Gold Coast and Brisbane. Special interests in family medicine, antenatal care and chronic illness.

Dr Michael Read *MBBS*

After graduating from Qld university in 1983 I worked for two years at Royal Brisbane & Prince Charles Hospitals before taking up the position as Medical Superintendent With Right of Private Practice in a rural community. For twenty years I have provided all the services to this community, including emergency care, surgery, obstetrics and General Practice.

Dr Donna Armstrong *MBBS*

After graduating from University of Qld in 1986 and working for three years at Royal Brisbane Hospital, I have spent the last twenty years practicing as a rural general practitioner, providing “birth to death” medicine, including obstetrics and anaesthetics. After relocating to the Gold Coast for family reasons, I am hoping to continue to focus on whole patient care with a special interest in antenatal care, women’s health and paediatrics.

Dr Neil Chorley *MBBS FRACGP FACCRM FACSIM*

I have recently enjoyed eight challenging years as a rural GP in western Qld. Previous to that I worked as a GP in inner city Brisbane, Bamaga/Thursday Island, UK, RBH Greenslopes and the Gold Coast Hospital. Most recently I have become a Fellow in Skin Cancer Medicine which led me to become the President of the Australasian College of Skin Cancer Medicine.

Dr Bill Cassimatis *MBBS*

Dr Rachel Wyndham *MBBS*

Dr Danika Fietz *MBBS, FRACGP, M.Med (Skin Cancer)*

PRACTICE STAFF:

Kathryn (**Practice Manager**)
Mirja, Kim, Kris, Viv, Margie, Jenny & Kim C (**RN**)
Brenda (**AIN**)
Nicky, Ilana, Dorothy, Rosalie, Heidi & Charlotte (**Reception**)
Janet (**Office**)

SURGERY HOURS AND SERVICES:

CONSULTATIONS by appointment.
(Refer for reception for each doctors’ sessions)
Monday 8.30am–5.00pm
Tues, Wed, Frid 8.30am–5.00pm
Thursday 8.30am–6.00pm
Saturday 8.30am–12.30pm

If you need to be seen urgently or need a long consultation, please ask when you book. Home visits within 5km can be arranged if necessary. Please ask if you need to speak with a Doctor. On occasions it may be necessary to return your call later.



GET OUT MORE

The urban environment has long been linked to stress, anxiety and a sense of claustrophobia when compared to the countryside. Built-up and densely packed cities, and the associated lifestyle and office culture they invite, have been blamed for higher rates of anxiety and depression. Conversely, the natural environment tends to inspire in people a sense of tranquility and escape from the craziness of the rat race. Previous studies of people living in cities have indicated that people living closer to parks and natural sanctuaries tend to present with lower rates of stress-related mental conditions than those in the thick of the city. A recent study measured the effect that proximity to urban gardens and parks has on wellbeing and quality of life.

Researchers assessed over 10,000 people living in urban environments and compared those who frequented urban parks and gardens with those who didn’t. The results revealed that those who visited parks and gardens reported better quality of life and improved satisfaction with their own lives. This association between wellbeing and the natural environment was independent of

income, occupation, and marital status. While researchers reported that the effect of green areas on each person individually might be quite small, the collective psychological benefits on the community as a whole were substantial.

Our natural environment may well be an important factor in promoting happiness and reducing stress levels in urban life. Parks and outdoor areas are also great places to exercise, whether it be walking or running, or enjoying the outdoor exercise equipment that some parks offer. Check with your local council to find out if there is free fitness equipment in a park near you, and remember that sometimes it’s best to stop and smell the roses.

INSIDE:

- **LABOUR PAINS**
- **THE SWEETEST THING**
- **DR NORMAN SWAN - A MATTER OF HEALTH**



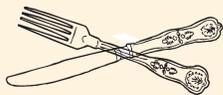
LABOUR PAINS

Labour is a painful experience, with levels of pain varying from person to person. Common pain relief includes medication, like nitrous oxide and epidural anesthesia, and drug free methods like acupuncture and breathing techniques. Attitudes towards pain relief methods also vary widely with some women preferring to avoid drugs and others being open to all options. A study investigated whether massage was effective at reducing pain in the active phase of labour, if it changed the characteristics or location of the pain, and whether or not it affected labour and its outcomes.

Forty-six women who had low risk pregnancies and were at, or over, 37 weeks gestation participated in the study. They were assigned to one of two groups: an experimental group, who received a 30 minute massage from a physiotherapist during the period of 4 – 5cm of cervical dilation and during uterine contractions; and a control group, where the same physiotherapist was present for the same length of time, however merely observed and answered questions without providing a physical massage. Researchers measured the change in pain severity from the beginning of the intervention period to

the end, the location of the pain, obstetric and neonatal outcomes, and participants' satisfaction with the care provided.

Researchers found that women who received the massage reported lower severity of pain than participants in the control group. The results indicate that massage may be helpful for women who are experiencing intense pain during labour, particularly those who want to avoid medication. Researchers also proposed that, in addition to easing pain, massage might also encourage relaxation and lower stress levels during labour. It is important that women talk this through with their specialist to decide what the best option is for their situation.



Good Health on the Menu

BAKED APPLES

A dessert to enjoy, in moderation, which will satisfy your kids' sweet tooth!

Ingredients:

- 2 large apples
- 1 tbsp polyunsaturated margarine
- 1 teaspoon brown sugar
- 2 tbsp flour
- 4 tbsp oats
- 1 tsp cinnamon

Method

1. Preheat oven to 250 degrees Celsius
2. Cut apples in half and remove cores
3. Melt butter in microwave
4. Combine margarine, sugar, flour, oats and cinnamon in a bowl
5. Lightly grease a non stick oven tray and lay apple halves on tray
6. Spoon mixture on top of apple halves and sprinkle with a pinch of cinnamon
7. Bake in oven for 30 minutes

For some extra flavour, serve with a dollop of low fat plain yoghurt.

Recipe serves 4



Enjoy!

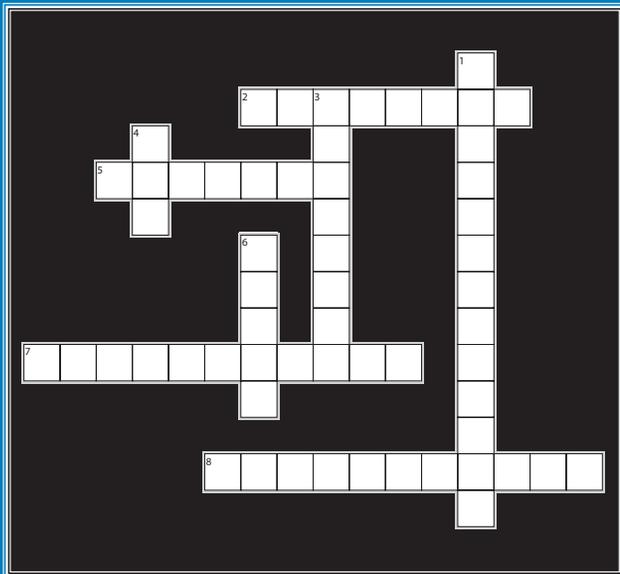
Clever CROSSWORD

Down:

1. Many sweets are loaded with what?
3. Fruits, vegetables and plenty of what, can reduce the risk of high cholesterol?
4. When dieting, you need to be just as careful with your carbs, as your what intake?
6. What is an alternative source of calcium to milk?

Across:

2. There is a link in the brain between sweet foods and what?
5. What has been found to help with pain relief during labour?
7. Going out and exploring the natural what, is good for your health?
8. Close to a third of Australians are living with high blood what?



EACH OF THE WORDS CAN BE FOUND IN THIS ISSUE OF "YOUR DOCTOR". ANSWERS ARE SHOWN ON UPPER RIGHT BACK PAGE.

MYTH VS FACT - A MILK A DAY MAY NOT KEEP THE DOCTOR AWAY



Calcium is an essential part of our daily diet, key for growing and maintaining healthy bones. The most common 'go-to' sources of calcium are dairy products like milk or cheese however research is showing that consuming these may not be the most effective way to get calcium into our diet. Dairy products can contain high levels of saturated fat as well as vitamin A which, in large doses, can actually weaken bones.

There are plenty of good sources of calcium available including beans, tofu, broccoli and many other leafy green vegetables. There are also other methods of ensuring that your bones remain strong like getting plenty of exercise, particularly weight bearing exercise, and getting adequate levels of vitamin D.

This is not to say that you should throw out all of your dairy products, as they still represent an important food group, however getting your calcium from a combination of sources may be a good way to go.



THE SWEETEST THING

Kids love sweets. You'd be hard pressed to find a child who doesn't enjoy lollies, chocolate and ice cream (often to the dismay of their parents). While many people believe this is a result of advertising and overexposure to fast foods, new insights into our taste receptors are providing an explanation of children's sweet tooth – and it starts with our ancient ancestors.

Our bodies were 'designed' for survival and this meant being able to recognise energy rich foods and reject those that may be toxic. Foods that are a concentrated source of

energy are often sweet, whilst bitterness often equates to toxicity. We are born with taste receptors, which continue to mature over the first few months of life giving infants the ability to seek out energy and reject potential harm. These taste receptors spread from the mouth, into the small intestine and transmit to the pleasure generating regions of the brain. When an infant consumes sweet foods, increased brain activity can be identified in this area. Repeated activation leads to the formation of a strong bond linking sweet tastes to pleasure in a child's brain.

While consuming sweet foods may have been advantageous to our ancestors' survival, unfortunately this is no longer the case. Many sweet foods are loaded with preservatives, fat and too much energy in which case a link between sweets and pleasure in the brain is a potentially dangerous one. In order to protect the long term health of our children, their preference for sweet foods need to be monitored and modified, and good sweets such as fruit should be favoured over processed foods.



Dr Norman Swan

A MATTER OF HEALTH



WHICH DIET?

A huge proportion of the population is on a diet at any time, mostly to lose weight. And there are a huge number of diets to choose from. Increasingly though, the experts are saying that we've got to get out of the 'diet' habit and change the way we eat permanently.

So what's wrong with diets?

They're usually temporary changes to the way we eat, hard to stick with over the long term, often focus on single nutrients like carbs, fat or protein rather than a holistic picture of what you eat. But in addition, they give you an unrealistic expectation of how long it's going to take you to reach your goal weight.

Let's take the last first. Research has shown that you lose weight fairly quickly in the first few weeks – maybe half a kilo a week – but then it slows down, often because your body's burning a lower amount of energy to match your new weight. That slowing down means it can take months or years to reach your desired weight loss. So a short-term diet isn't going to get you there. You've got to eat less food of higher quality, forever more.

Then there's the focus on what they call macronutrients like carbs, fat and protein. There's no doubt that there's a problem with a diet that focuses on fat. We actually eat less fat than our grandparents but are fatter than they were on average. Part of the reason is that we've been eating too many carbs to fill the calorie gap and if the carbs are high glycaemic index – meaning they are absorbed quickly – they then boost your insulin levels, encourage fat to be laid down and probably raise your risk of diabetes. Some other diets emphasise protein, which helps to control your appetite. That's partly what the CSIRO diet does.

The message is that you need to be as careful about your carbs as your fat intake and perhaps more so. To keep your insulin levels in check you need to make sure the carbs you do eat are unprocessed and have as much variety as possible so it takes time to digest them and they cover your nutritional needs. Lean protein in controlled portions with lots of fish and white meat is important too and not going too mad on the fats, especially saturated fat, is probably the best way to go.

The natural eating pattern that comes closest to this is Mediterranean, but a word of warning: it can be high fat and high calorie too so doesn't guarantee weight loss unless you control how much is passing your lips!



DID YOU KNOW? AUSTRALIA: A HIGH CHOLESTEROL NATION

High blood cholesterol is a major risk factor for coronary heart disease, stroke and heart attack, and a survey from the Australian Bureau of Statistics has shown that close to a third of Australian adults are living with the condition. Factors that contribute to high cholesterol include smoking, and overweight and obesity. Frighteningly, the Heart Foundation of Australia reports that only one in ten Australians who have high blood cholesterol are actually aware that they have it, therefore appropriate measures to reduce

cholesterol levels are often not taken. Adverse heart events place a huge burden on the Australian health system, both financially and in taking lives. There are various sustainable lifestyle modifications that can be made to reduce risk of high cholesterol including a diet rich in fruits and vegetables, plenty of exercise, and reducing unhealthy behaviours like smoking and excess consumption of alcohol. It's also important to have regular health checkups with your doctor, even if you're feeling fine.

ANSWERS TO THE CROSSWORD

Across: 2. Pleasure; 5. Massage; 7. Environment; 8. Cholesterol
Down: 1. Preservatives; 3. Exercise; 4. Fat; 6. Beans

PRACTICE UPDATE

Valuable websites of quality information

www.travelmedicine.com.au
www.healthinsite.gov.au
www.blackdoginstitute.com.au
www.uptodate.com/patients
www.beyondblue.org.au

Remember to have your Skin Check with Skin HQ. Also ask about our Laser, IPL and PDT treatments.

FEE POLICY

Consults \$55 gap. **Welfare** \$40 gap
DVA bulk billed. **Home Visits** \$75 gap.
Skin operations \$125 gap, **Welfare** Bulk Billed.
Scripts and Referral Letters, \$20.
If collected by patient bulk billed.
SATURDAY: No Concessions.
A \$5 cancellation fee will be charged if 24 hours notice isn't given to cancel your appointment.
\$55 fee for procedural appointments.
Amex & Diners Club payments will now attract a 3% surcharge.

FEEDBACK

Our goal is to provide a quality, caring service. Therefore if you have any concerns or suggestions, please phone or write. We genuinely wish to hear from you. If we appear not to have satisfied your concerns, please write to the Health Quality and Complaints Commission, on 1800 077 308.

SERVICE

Quality caring means we do everything possible to see you on time and provide a service that listens to and meets your personal needs.

PRIVACY POLICY

Your medical record is a confidential document. It is the policy of this practice to maintain security of personal health information at all times, and to ensure that this information is only available to authorised staff members.

VASECTOMY VENUE

Phone (07) 5531 1170
www.vasectomyvenue.com.au
www.gccircumcisions.com.au

Vasectomies: See our websites or ask at Reception for a brochure on Vasectomies. Are you aware Dr Read performs CIRCUMCISIONS on boys and men as well as babies?

TRAVEL HEALTH

The Travel Health Doctors is a member of the Travel Medicine Alliance. Daily updates from worldwide sources mean we can advise you accurately and personally for your trips. We carry almost all vaccines and other travel requirements. We will send a detailed report back to your personal GP.

Our Travel Medicine Service exists to assist your GP in caring for you in a specific area. We encourage you to continue a strong relationship with your GP.

After Hours Care: Phone Chevron After Hours on 5532 8666 after 6pm or Pindara Emergency Centre on 5588 9000.

If you require a home visit call Chevron After Hours. In a serious emergency Call 000.

Travelling overseas?
Make sure you book in for all your travel health advice with our experienced Travel Doctor.